

# Focusing on Pregnancy and Motherhood

## Guided Meditation Script

Date / Time:

So far today, have you brought kind awareness to your:

Thoughts?  Heart?  Body?  None

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



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Take a moment to breathe 3 deep and full breaths, relaxing your mind and body with each breath.... (pause)...

Good.

It is an absolute truth that all moments in life simply come and go.

Enjoying the happy times is easy, but we must have the strength to hold steady through uncertain times.

This is the ebb and flow of life, just like the tides of the ocean. In order to ride the wave of uncertainty if it comes, it is helpful to know these positive affirmations about your inherent capabilities...

So say to yourself now:

“My body has what it takes, is fully capable, beautiful and resilient.

Breathe....

My baby feels everything going on around them, so they feel all the love and support that surrounds them.

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Breathe....

Each moment of my motherhood flows effortlessly, exactly as it is meant to.

Breathe....

My baby is growing strong and developing exactly as they shall.

Breathe....

I am an excellent mother, the same as all the other magnificent mothers out there.

Breathe....

I genuinely accept the assistance of others with ease, certainty, and an open mind.

Breathe....

I have great courage to ask for help and to receive support any time I need it.

Breathe....

I am confident, calm, and I deeply trust in my body and my motherly intuition.

Breathe....

My body is designed to be a mother.

Breathe....

I always have courage, faith and great patience, especially during uncertain times.

Breathe....

Every day my baby grows the perfect amount.

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Breathe....

I am excited and well prepared for motherhood during all stages.

Breathe....

Everything I feel and experience is part of the great teachings of motherhood.

Breathe....

Being a mother is the greatest blessing this life has to offer.

Breathe....

Very good.

Take great note of how you are feeling right now. (Pause)

Now I'd like for you to visualize yourself handling everything beautifully.

See yourself happy and overjoyed about motherhood.

See yourself approaching those you love when you need a hand or an ear to listen.

Allow the colors in this visualization to be bright and clear.

Noticing any sensations that rise into your awareness when they naturally occur.

Can you see clearly the people you love and those who care for you?

Take comfort in these people, and trust in them.

Notice the expressions on their faces when they support you.

Hug them and thank them.

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Vividly see yourself handle sticky situations with ease and grace, allowing for them to pass by in their own time.

Visualize these moments of bravery and calmness as clearly as you can and with as much detail and possible.

Could you notice now the feeling of strength?

Allow courageous emotions to rise within you....

Stability....

Courage....

Vitality....

Good, and allow these feelings to pass by...

Now allow feelings related to trust rise in you....

Patience....

Confidence....

Determination....

Fearlessness...

good, and just allow these feelings to move along, fading away...

Allow the emotion of love to rise in you now...

Compassion....

Appreciation...

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Cherish....

Respect...

Good, and just allow the feelings of Love to drift by.

By doing this exercise every day, you are strengthening helpful emotions related to strength and positivity.

Very good, Mama.

